



# Prairie Grain Dinner Roll

**Makes:** 50 Servings

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Ingredients	Weight	Measure
Warm water		1 quart 3 cups
Shortening		3 5/8 ounces
All-purpose white flour		1 pound 8 5/8 ounces
White Whole Wheat Flour		1 pound 3/4 ounces

	Whole wheat flour	5 1/2 ounces
Oatmeal		6 1/2 ounces
Cornmeal		4 3/8 ounces
Salt		2 Tbsp 5/8 tsp
Sugar		3 ounces 1/3 tsp
Yeast, baker's active dry		1 3/8 ounces
2% milk		1/2 cup 2 3/8 ounces

## Directions

1. Place water 104 degrees to 110 degrees F in bowl of mixer, add shortening that is room temperature, sugar and salt. Add regular flour and yeast. Start mixing, then gradually add the following ingredients: whole wheat flour, white whole wheat flour, oatmeal, and cornmeal. Mix with dough hook on low setting. (#1).

2. Increase dough hook speed to medium (#2) and mix until smooth, 10-20 minutes. Dough should leave the sides of the bowl.
3. Water may be added to obtain the right consistency.
4. Remove from mixer. Remove dough hook.
5. Measure dough with scale into 4.375 bundles and place on table.
6. Use dough divider to separate into hot rolls. Place rolls on papered sheet pans 7 x 6 = 42 per pan.
7. Place rolls in proofer until they double in size.
8. Optional: Brush roll with melted margarine and sprinkle with dry oatmeal on the top, then proof and bake.
9. Bake in 310 degrees F oven approximately 20-25 minutes until internal temperature is 190 degrees to 200 degrees F.
10. Separate rolls for serving.

**Source:** Paola High School (Recipes for Healthy Kids Competition)